

# Adult Swim for Fitness Class



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

Bulldog Aquatics welcomes all adults that are ready to try swimming for fitness. Adults of all ages and levels are discovering the benefits of swimming. The focus of this class is motivating adults to get fit and have fun. Structured workouts will focus on skills and drills for good swimming technique and interval training for superior cardio and muscular improvement.

Where: Instructional Pool

When: Tues & Thurs 12:15 – 1:00pm July 13 – August 5

Fee: 8 classes \$128 for members, \$160 for guests

**OR:**

Saturdays 10:15 – 11:00am July 17 – August 14

Fee: 5 classes \$80 for members, \$100 for guests

Register: By contacting Instructor Kim Speier

Email: [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu) or (650) 378-7373